



8/26/2019

8/27/2019

8/28/2019

8/29/2019

8/30/2019

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Grilled Pork Loin with Onion & Peppers	Chicken Liver with Grilled Onions	Salisbury Steak with Onions	Cajun Baked Fish	4oz Teriyaki Chicken Breast
<b>Entrée</b>	Chopped Beef	BBQ Ribs	2 Beef Hot Dogs w/ Chili & Sauerkraut	Fried Chicken	Southern Fried Fish
<b>Entrée</b>	Turkey & Dressing w/Cranberry Sauce	Sausage Crusted Fish	Smothered Pork Chop	Baked Spaghetti	Pot Roast
<b>Entrée/Chicken</b>	Fried Chicken Tenders	Baked Cajun Chicken	BBQ Chicken Wings	Turkey & Dressing	Rotisserie Chicken
<b>Side/Vegetable</b>	Mashed Potatoes	Fried Squash	Buttered Okra	Broccoli & Rice	Cabbage
<b>Side/Vegetable</b>	Fried Green Tomatoes	Beets	Yellow Rice	Candied Yams	Carrot Souffle
<b>Healthy Choice/ Side</b>	Corn	Collard Greens	Broccoli	Spinach	Green Bean
<b>Healthy Choice/ Side</b>	Broccoli	Black-eyed Peas	New Potatoes	Mixed Squash	Lima Beans
<b>Healthy Choice/ Fruit/Dessert</b>	Chocolate Pudding	Banana	Applesauce	Apple	Pineapple
<b>Soup</b>					
<b>Side/Salads</b>	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
<b>Side/Salads</b>	Fresh Fruit Salad	Strawberries & Bananas	Cucumber & Tomato	Green Pea Salad	Fresh Fruit Salad
<b>Side/Salads</b>	Tossed Spring Salad	Spiced Beets	Pasta Salad	Potato Salad	Cole Slaw
<b>Healthy Choice/ Bread</b>	Sliced Whole Wheat	Whole Wheat Rolls	Sliced Whole Wheat	Whole Wheat Rolls	Sliced Whole Wheat
<b>Bread</b>	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
<b>Hot Dessert</b>	Cobbler	Bread Pudding	Cobbler	Bread Pudding	Cobbler
<b>Dessert</b>	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
<b>Dessert</b>	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
<b>Dessert</b>	Sweet Potato Pie	Coconut Pie	Sweet Potato Pie	Coconut Pie	Sweet Potato Pie
<b>Dessert</b>	Buttermilk Chess	Custard Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess



9/2/2019

9/3/2019

9/4/2019

9/5/2019

9/6/2019

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée		Grilled Chicken with Onions and Peppers	Salisbury Steak	Grilled Chicken with Sautéed Mushrooms	Grilled Pork Loin with Onions & peppers
Entrée		BBQ Beef Sandwich	Chicken Etouffee/ Rice	Italian Meat Sauce and Spaghetti	Hamburger w/fixings
Entrée		Liver & Onion Sauce	Herb Crumb Fish	Turkey & Dressing w/Cranberry Sauce	Rotisserie Chicken
Entrée/Chicken		Chicken Fried Steak w/Cream Gravy	Lemon Pepper Baked Chicken	Fried Chicken	Southern Fried Fish
Side/Vegetable		Fried Squash	Carrot Souffle	Smothered Okra	Cabbage
Side/Vegetable		Macaroni and Cheese	Green Beans	Sweet Potatoes	Broccoli & Rice
Healthy Choice/ Side		Black Eyed Peas	Spinach	Corn	Mixed Vegetables
Healthy Choice/ Side		Turnip Greens	Peas & Carrots	Broccoli	Baked Beans
Healthy Choice/ Fruit/Dessert		Banana		Chocolate Pudding	Orange
Soup					
Side/Salads		Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads		Potato Salad	Fresh Fruit Salad	Strawberries & Bananas	Fresh Fruit Salad
Side/Salads		Spiced Beets	Pasta Salad	Cucumber and Tomato	Broccoli Madeline
Healthy Choice/ Bread		Whole Wheat Roll	Sliced Whole Wheat	Whole Wheat Roll	Sliced Whole Wheat
Bread		Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert		Bread Pudding	Cobbler	Bread Pudding	Cobbler
Dessert		Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert		Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert		Coconut Pie	Sweet Potato Pie	Coconut Pie	Sweet Potato Pie
Dessert		Custard Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess



9/9/2019

9/10/2019

9/11/2019

9/12/2019

9/13/2019

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Red Beans and Rice	Chicken Braised	Salisbury Steak	Baked Fish	Chicken and Dumplings
Entrée	Chicken Tenders	Liver & Onion Sauce	Turkey & Dressing w/Cranberry Sauce	Meat Sauce and Spaghetti	Southern Fried Fish
Entrée	Stuffed Crab Meat Fish	BBQ Ribs	Ham, Turkey & Cheese Sandwich	Pot Roast	Chopped Beef
Entrée/Chicken	Chicken Fried Steak	Smothered Pork Chop	BBQ Chicken Wings	Fried Chicken	Chicken Teriyaki
Side/Vegetable	Fried Green Tomatoes	Mashed Potatoes	Green Beans	Sweet Potatoes	Carrot Souffle
Side/Vegetable	Spinach	Buttered Okra	White Rice	Broccoli	Macaroni & Cheese
Healthy Choice/Side	Broccoli	Collard Greens	New Potatoes	Spinach	Turnip Greens
Healthy Choice/Side	Mixed Squash	Pinto Beans	Carrots	Black Eyed Peas	Corn
Healthy Choice/Fruit/Dessert	Orange	Banana	Banana	Apple	Applesauce
Soup					
Side/Salads	Tossed Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit Salad	Strawberry and Bananas	Fresh Fruit Salad	Strawberry and Bananas	Fresh Fruit Salad
Side/Salads	Broccoli Madeline	Potato Salad	Cole Slaw	Cucumber and Onion	Cole Slaw
Healthy Choice/Bread	Sliced Whole Wheat	Whole Wheat Rolls	Sliced Whole Wheat	Whole Wheat Rolls	Sliced Whole Wheat
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Bread Pudding	Cobbler	Bread Pudding	Cobbler
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert	Pecan Pie	Coconut Pie	Sweet Potato Pie	Coconut Pie	Sweet Potato Pie
Dessert	Buttermilk Chess	Custard Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess



9/16/2019

9/17/2019

9/18/2019

9/19/2019

9/20/2019

Monday

Tuesday

Wednesday

Thursday

Friday

<b>Healthy Choice / Entrée</b>	Grilled Chicken	Beef Liver & Onions	Salisbury Steak w/Mushroom	Baked Fish	Grilled Pork Loin
<b>Entrée</b>	Chicken Tenders	Baked Cajun Chicken	Chuck Wagon Stew	Meat Sauce and Spaghetti	Southern Fried Fish
<b>Entrée</b>	Tuna Salad Sandwich	Chicken Fried Steak	Smothered Pork Chop	Turkey & Dressing w/Cranberry Sauce	Hamburger w/ Fixings
<b>Entrée/Chicken</b>	Baked Swiss Steak	BBQ Beef Sandwich	Lemon Pepper Baked Chicken	Fried Chicken	Chicken Tetrzzini
<b>Side/Vegetable</b>	Fried Green Tomatoes	Fried Squash	Fried Okra	Carrot souffle	French Fries
<b>Side/Vegetable</b>	Spinach	Macaroni & Cheese	Green Beans	Mashed Potatoes	Lima Beans
<b>Healthy Choice/ Side</b>	Broccoli	Turnip Greens	New Potatoes	Spinach	Corn
<b>Healthy Choice/ Side</b>	Mixed Vegetables	Black-Eyed Peas	Peas & Carrots	Pinto Beans	Mixed Squash
<b>Healthy Choice/ Fruit/Dessert</b>	Orange	Apple	Banana	Vanilla Pudding	Orange
<b>Soup</b>					
<b>Side/Salads</b>	Tossed Spring Salad	Tossed Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
<b>Side/Salads</b>	Strawberry & Bananas	Fresh Fruit Salad	Strawberry & Bananas	Fresh Fruit Salad	Macaroni Salad
<b>Side/Salads</b>	Pasta Salad	Spiced Beets	Pasta Salad	Cucumber and Tomato	Cole Slaw
<b>Healthy Choice/ Bread</b>	Sliced Whole Wheat	Whole Wheat Roll	Sliced Whole Wheat	Whole Wheat Roll	Sliced Whole Wheat
<b>Bread</b>	Soft Roll/Corn Stick	Soft Roll/ Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
<b>Hot Dessert</b>	Cobbler	Bread Pudding	Cobbler	Bread Pudding	Cobbler
<b>Dessert</b>	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
<b>Dessert</b>	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
<b>Dessert</b>	Sweet Potato Pie	Coconut Pie	Sweet Potato Pie	Coconut Pie	Sweet Potato Pie
<b>Dessert</b>	Buttermilk Chess	Pecan Pie	Buttermilk Chess	Custard Pie	Buttermilk Chess



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